



TOMATO SOUP, CONDENSED, CANNED

Date: April 2009

Code: A219

PRODUCT DESCRIPTION

- Canned tomato soup is a condensed, tomato-based soup. It is considered a "Healthy" food, which means it is low in fat, saturated fat, and cholesterol, contains at least 10% of the daily amount of vitamins A and C, iron, calcium, protein, and fiber, and has no more than 480 milligrams of sodium per serving.

PACK/YIELD

- Tomato soup is packed in about 10 ounce cans. When mixed with water or milk, it will be about 2 servings (1 cup each).

STORAGE

- Store unopened tomato soup in a cool, clean, dry place.
- Store remaining opened tomato soup in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve tomato soup heated as a main dish or as an appetizer.
- Top tomato soup with cheese or crackers for added flavor.
- Use tomato soup as a base for other main dish meals, stews, sauces, or casseroles.
- Mix cooked vegetables (canned, frozen, or fresh) into tomato soup for a heartier meal.

NUTRITION INFORMATION

- 1 cup of prepared tomato soup counts as $\frac{1}{2}$ cup from the Vegetable Group of MyPyramid. For a 2,000-calorie diet, the daily recommendation is about $2\frac{1}{2}$ cups of vegetables.
- 1 cup of prepared tomato soup provides 25% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 cup (248g) condensed tomato soup, made with water

Amount Per Serving

Calories	90	Calories from Fat	10
-----------------	----	--------------------------	----

% Daily Value*

Total Fat	1.5g	% Daily Value*	2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	470mg		20%
Total Carbohydrate	17g		6%
Dietary Fiber	1g		4%
Sugars	10g		
Protein	2g		
Vitamin A	8%	Vitamin C	10%
Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

GROUND BEEF STEW**MAKES ABOUT 4 SERVINGS****Ingredients**

- ½ pound ground beef (or ground turkey)
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 can (about 10 ounces) condensed tomato soup
- 1 ¼ cups water
- 6 medium carrots, sliced (or 2 cups canned, drained)
- 2 medium potatoes, diced (or 2 cups canned, drained)
- 1 cup onion, diced

Directions

1. Brown meat in a large skillet. Drain. Add salt and pepper to taste.
2. Add soup and water to skillet. Add carrots, potatoes, and onions.
3. Bring to a boil, then simmer, covered, about 25 minutes or until soft. Remove from heat; cover for 10 minutes to thicken.
4. Serve immediately. Refrigerate leftovers.

Nutrition Information for 1 serving (1 cup) of Ground Beef Stew					
Calories	270	Cholesterol	40 mg	Sugar	8 g
Calories from Fat	80	Sodium	200 mg	Protein	14 g
Total Fat	9 g	Total Carbohydrate	34 g	Vitamin A	550 RAE
Saturated Fat	4 g	Dietary Fiber	5 g	Vitamin C	48 mg
				Calcium	58 mg
				Iron	3 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

BEEF AND TOMATO BAKE**MAKES ABOUT 6 SERVINGS****Ingredients**

- Nonstick cooking spray
- 2 to 3 medium potatoes, sliced
- 2 cups sliced carrots, fresh (or canned)
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- ½ cup onion, sliced
- 1 pound lean ground beef, browned and drained (or ground turkey)
- 1 ½ cups green beans, fresh or canned
- 1 can (about 10 ounces) condensed tomato soup

Directions

1. Preheat oven to 350 degrees F. Spray a 9x9-inch baking dish with nonstick cooking spray.
2. Layer potatoes, carrots, meat, beans, soup, pepper, and salt in dish.
3. Cover with an oven-safe lid or aluminum foil and bake for 45 minutes or until potatoes are soft and casserole is bubbling.
4. Uncover and bake for 15 more minutes.

Tip

Canned or frozen corn or peas may be used instead of green beans.

Nutrition Information for 1 serving of Beef and Tomato Bake					
Calories	280	Cholesterol	50 mg	Sugar	5 g
Calories from Fat	110	Sodium	190 mg	Protein	17 g
Total Fat	12 g	Total Carbohydrate	26 g	Vitamin A	378 RAE
Saturated Fat	5 g	Dietary Fiber	4 g	Vitamin C	39 mg
				Calcium	50 mg
				Iron	3 mg

Recipe adapted from Recipezaar.com.